

Adolescent Resource Newsletter

June 2003

This is a monthly newsletter produced as part of a national project to *Improve the Quality of Life for Adolescents with Juvenile Idiopathic Arthritis* and aims to support professionals involved in the care of young people by highlighting opportunities for professional development and signposting useful resources.

The project is funded by the Arthritis Research Campaign and is undertaken on behalf of the British Paediatric Rheumatology Group, Children's Chronic Arthritis Association, Lady Hoare Trust for physically disabled children and Arthritis Care.

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Disclaimer

The inclusion of these resources should not be construed as BPRG/ARC/CCAA/LHT/AC endorsement or support of any information or products mentioned there. They have been identified as potentially useful resources and whilst every care has been taken to ensure that they are appropriate for adolescents with JIA, the authors accept no responsibility for the accuracy or suitability of their content.

Adolescent Bookshelf

References for professionals



The Children's National Service Framework

The first documents of the NSF are now available online. Getting the right start: NSF for Children (1) Standard for Hospital services and (2) Emerging findings. Essential reading for all health professionals looking after adolescents in either the paediatric or adult sectors.

Available at www.doh.gov.uk/nsf/children/gettingtherightstart.htm



Bridging the Gaps. Health Care for Adolescents.

Available at www.rcpch.ac.uk/publications/recent_publications/Adol.pdf

Report of an intercollegiate working party on adolescent health published by the Royal College of Paediatrics and Child Health on behalf of the participating organisations, June 2003. More essential reading for all health professionals looking after adolescents in either the paediatric or adult sectors!



Communicating with children and adolescents. Action for Change. Bannister A & Huntingdon A (Eds), Jessica Kingsley, 2002. (£17.95)

It's not about food...It's about feelings. Eating disorder Association (video), 2002. (£24.99)

Both available from TSA, 23 New Road, Brighton, BN1 1WZ, UK. Tel: 01273 693 311
Fax: 01273 679 907 Email: publications@tsa.uk.com Website: www.tsa.uk.com



US based 'Transition guidelines for people with bleeding disorders'.

Available at: www.hemophilia.org/programs/masac/masac/MASAC142.doc

References for young people and their parents



New publications/videos from the Trust for the Study of Adolescence

- *Teenagers, the agony, the ecstasy, the answers. How to bridge the gap between parents and teenagers.* Aiden MacFarlane and Ann McPherson, Little, Brown and Company, 1999. (£9.99)

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Adolescent Webwatch

DRUGS



www.talktofrank.com

Part of the new campaign funded by the home Office and Department of Health. Website offers information about drugs, including leaflets for young people and parents, and confidential advice via email (frank@talktofrank.com) or telephone (0800 77 66 00) which is available 24 hours a day and has the facility to handle calls on 120 languages.

See www.drugs.gov.uk/campaign for more information about the campaign and to order Frank materials

EDUCATION



www.dfes.gov.uk/aimhigher/

Department for Education and Skills website for young people and parents dealing with Higher Education. Includes information for young people in school, those who have take their GCSEs and those in work.



www.uni4me.com/uni4me/index.cfm


Provides information for anyone thinking of going to university, including those with special needs.




www.examaid.com.uk


Website developed by an independent association of teachers, lecturers, parents, schools and colleges that aims to provide support for young people in years 10-13 with exams. Provides lots of links to other relevant sites.

GENERAL TRANSITION ISSUES


 <http://www.trans-active.org.uk>
Trans-active is a Birmingham based project in which teenagers with and without severe learning disabilities work together. They use multimedia to explore and communicate choices they will have when they leave school. The project is about using and giving support, making plans, making friends and having fun.


 <http://www.youth2youth.co.uk/>
Telephone, email and online chat helpline run by young people for young people. Their telephone helpline is staffed by specially trained young people aged 16-21 who can give confidential advice and support to anyone under 19 on issues like mental health, relationships, sex and self image. **Tel: 020 8896 3675**. (Charged at national rates, but they can call you back. Open Monday and Thursday evening from 6.30pm to 9.30pm.) Also have an email help servicehelp@youth2youth.co.uk , plus a chat room open the same hours as the helpline.

GENERIC HEALTH ISSUES


 <http://www.bonezone.org.uk>
Excellent new website for 7-15 year olds especially lunched by the national Osteoporosis Society to mark the National Osteoporosis month (June 2003!) to highlight the importance of bone health for children and young people.


INDEPENDENT LIVING

 <http://www.dwp.gov.uk>
Website of the Department for Work and Pensions, which gives information about a range of benefits including those for people with long-term illness and/or disabilities and carers.

 <http://www.good2bsecure.co.uk/>
Website created by the Policing and Crime Reduction Group at the Home Office that offers crime reduction and personal safety advice issues relating to students, whether on or off campus and during term time and vacation. It may also be relevant to parents with children in higher education, as well as all those working in higher education institutions.

MENTAL HEALTH

 <http://www.ruok.net>
Website offered by the Wakefield and District Child and Adolescent Mental Health Service. Aims to help people of all ages access reliable information and advice on mental health issues relating to young people. Topics include depression, anxiety, stress, self-harm, bullying, school and divorce. Also provides links to other relevant websites.

 <http://www.phobics-society.org.uk>
Website of the National Phobics Society, which is a user-led national registered charity. Provides factsheets at a small cost about a wide range of anxiety disorders (including hospital phobia, injection/needle phobia, school phobia) and information about relaxation techniques.

For further information, contact:

National Phobics Society, Zion Community Resource Centre, 339 Stretford Road, Hulme, Manchester M15 4ZY . Tel: 0870 7700 456 Fax: 0161 227 9862 Email: nationalphobic@btconnect.com



<http://www.readthesigns.org/>

New youth campaign from 'Mind Out for Mental Health' (www.mindout.net/), which is running an active campaign to stop the stigma and discrimination surrounding mental health. Provides information about the different types of mental health problem that can affect young people. Includes information about reading the signs of mental health problems, personal stories and links to support agencies.

Useful Organisations



The Parenting Education & Support Forum

Is a national umbrella organisation for those who work in parenting education and support. Founded in 1995, it brings together all those working or interested in this field, and has over 1,000 individual and corporate members across the UK and overseas. It works in partnership with other statutory and voluntary bodies.

For more information, visit www.parenting-forum.org.uk or contact:

The Parenting Education & Support Forum, Unit 431, Highgate Studios, 53-79 Highgate Road, London NW5 1TL. Tel: 020 7284 8370 Fax: 020 7485 3587 Email: pesf@dial.pipex.com

Useful Information



June 2003 is National Osteoporosis month

To raise awareness the National Osteoporosis Society has issued a new set of posters and leaflets, including exercise & healthy eating. These can be downloaded free at www.nos.org.uk/newsshow.asp?ID=28 The leaflets can also be ordered by emailing info@nos.org.uk or by phoning 01761 471 771.

Do you know of any other useful resources or opportunities for professional development? If you do, please let us know by email to:

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